




May 2015

A matter of taste 味關重要

Follow this and additional works at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia>

 Part of the [Food and Beverage Management Commons](#), and the [Technology and Innovation Commons](#)

Recommended Citation

(2015) "A matter of taste 味關重要," *AMBROSIA 客道 : The Magazine of The International Culinary Institute*, 38-43.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol1/iss1/11>

This Article is brought to you for free and open access by the Hotel, Service & Tourism Studies at VTC Institutional Repository. It has been accepted for inclusion in AMBROSIA 客道 : The Magazine of The International Culinary Institute by an authorized editor of VTC Institutional Repository. For more information, please contact wchu@vtc.edu.hk.



ALONG WITH FERRAN ADRIA, BRITISH CHEF HESTON BLUMENTHAL IS THE FOREMOST PROPONENT OF A SCIENTIFIC APPROACH TO COOKING THAT HAS WON HIM GLOBAL ACCLAIM FOR SIGNATURE DISHES LIKE TRIPLE COOKED CHIPS AND WHITE CHOCOLATE WITH CAVIAR. HE RECENTLY VISITED HONG KONG WHERE HE DISCOVERED THAT THE CITY'S LOCAL CUISINE HAS MUCH TO BE ADMIRERD. JAMES EVANS REPORTS.

味關重要

MATTER OF TASTE



“

The thing about Asian food is the attention to detail,” Heston Blumenthal begins, “I am a huge fan of the diversity, from the spice of Thai food, the flavour of Cantonese, right through to the boldness of curry dishes – it’s the full spectrum.”

Blumenthal’s recently opened new restaurant at London’s Heathrow Airport is part of his attempt to build a wider and global public. His efforts have seen him create menus for a chain of roadside cafes and his first three restaurants were all built in former pubs, that traditional staple of the British middle class.

“Global recognition requires global accessibility,” he says as he intimates that his next goal is to bring his brand of gastronomic chemistry to Asia. In short, for Blumenthal, it’s no use enthusing and inspiring people

英國大廚Heston Blumenthal是分子廚藝巨匠，與名廚Ferran Adria齊名。他擅於在烹調手法中融入創新的科技元素，其拿手好菜包括三重薯菜（triple cooked chips）和白朱古力配魚子醬（white chocolate with caviar）等。近期，這位創意非凡的廚藝天才造訪香港，並對這座城市的地道美食讚口不絕。文／James Evans

「亞洲美食的特點在於對細節的精緻處理。」Heston Blumenthal說道：「亞洲食物豐富多彩，我非常喜歡。從辛辣的泰國菜，鮮美的粵菜，到香濃的咖喱，亞洲食物似乎囊括了所有滋味，令人回味無窮。」

Blumenthal一向致力於將自己的廚藝理念推向大眾。他最初開設的三間餐廳均由酒吧改造，選址於英國中產階級最常光顧的地方。近年來，他還幫一系列路邊咖啡館擬定了餐單，而他最近在倫敦希斯路機場新開的餐廳，更使其能夠將自己的廚藝創作與理念介紹給更多國際旅客。

「想要得到全球認可，就要先接觸到來自全球的食客。」



“With that Cantonese duck, it’s about the skin being lacquered and glazed to ensure the flesh has more moisture in it... really simple, but really good”

through the global media if they cannot sample, first-hand, the way the product tastes.

Of course, operating across the full spectrum of taste, smell, touch, sight and hearing is at the heart of Blumenthal’s cuisine. His art means he seeks to engage every one of the five senses in his food and he has taken this approach to great lengths, experimenting with techniques that enhance crunch and give food a louder and more melodious “snap” when bitten or cut.

To look at the shimmering modernity of Blumenthal’s restaurants in London one might think he was born with a Michelin star hovering over his nativity. But the pristine shine and sparkle masks years of toil in science labs and kitchens. “That’s no different to any good restaurant or kitchen,” he chips back, when we make the observation. “It is all about what goes on behind the scenes, and ensuring the delivery of that dish conceals all of the blood, sweat and toil that goes on in the background.”

Beyond the confines of the English capital, Heston’s delivery is most certainly global. “I think, for any chef, it has to be these days. Our palates are so refined, and crying out for more stimulation. And that’s why I love travelling. I visited Hong Kong last year. And I love it there. It’s very special.

“A friend took us all to a Chinese restaurant that a friend of his in Hong Kong owns, and we had some immaculate *mantou* – steamed buns. The outer was

Blumenthal透露了他要把創新分子料理帶入亞洲的大計。簡而言之，他認為即使全球的媒體都對他稱讚有加，倘若食客不能親口品嚐他的菜式，他們仍然無法欣賞他的美食，更不會從自己的廚藝理念中得到任何啟發。

Blumenthal的菜品在味覺、嗅覺、觸覺、視覺和聽覺上皆有講究，而他最拿手的就是將這五種觀感融為一體。為了讓菜品中的每一種觀感都能給食客留下完美的印象，他總是不遺餘力，自我要求非常嚴苛。譬如為了讓某種食物在咀嚼時能夠發出清脆響亮的聲音，他會花盡心思嘗試各種不同的烹調方式，直至獲得滿意效果。

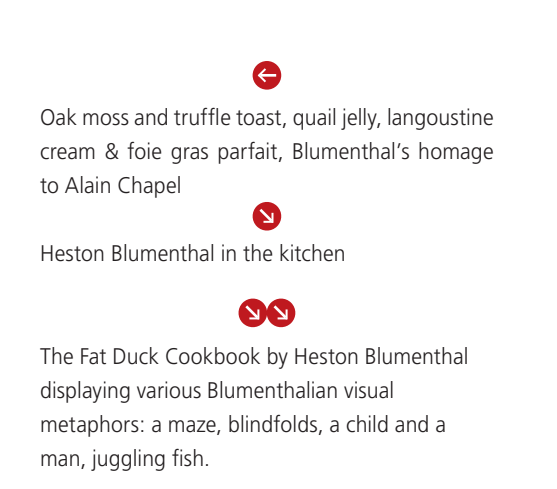
Blumenthal很容易被人誤解為是天賦異稟的大廚，其實他今今日的成就，全部都靠他常年在實驗室與廚房裡日以繼夜、落手落腳拼搏而來。「每間成功的餐廳都是這樣的」，他認為自己的經歷並無特別之處，「一間餐廳的好壞在於背後所下的工夫，要成功就必須確保每道菜都投入了汗水與心血。」

雖然Blumenthal在倫敦的餐廳多賣英國菜，他的作品卻非常國際化。「我認為在這時代，每個廚師都應該是這樣的。人們見多識廣，試過各種菜式，但仍想嘗試新的味道。這也是我喜歡旅遊的原因之一。我剛從香港回來還不到24小時，我非常喜歡那兒。」

「有位朋友帶我們去他一位香港朋友開的中國餐廳吃飯，我在那裡吃到了非常可口的包子——外皮白淨鬆軟，裡面的餡料有紅燒肉、廣東燒鴨及少許青瓜絲，美味到不得了。」

「我希望自己亦可以創造一道類似的菜式，而精細入微是烹調這類菜式的關鍵。舉例而言，廣東燒鴨的鴨皮必須上色均勻、炮製得油光水滑，裡面的鴨肉才能保持鮮嫩——看上去簡單易煮，卻無比美味。」

不過他自己可不是一個崇尚簡單的人，恰恰相反，Blumenthal的烹飪手法精細入微，對每一個小步驟都嚴格把關。他承認有時為了追求完美，會花盡心思，幾乎要將自己和周圍的人逼瘋。雖



very white and fluffy, and with braised pork belly, braised Cantonese duck, and little bits accompanying such as cucumber strips. It was incredible.

“It’s something I’d love to recreate, and really it’s about the small details. So with that Cantonese duck, it’s about the skin being lacquered and glazed to ensure the flesh has more moisture in it... really simple, but really good.”

Simplicity isn’t a charge that can easily be levelled at Heston. The chef is obsessed with detail and sensation, admitting he does, at times, drive himself mad in pursuit of perfection, as well as those around him. And that makes him an intriguing subject to aspire to, although he advises imitators to go about it the right way.

“It’s great that young chefs are really now exploring new ways of thinking – this is the generation of the pioneer. But no matter how great the science behind food, you simply cannot advance to any level without an appreciation of the basics of classical French cooking. A lot of young chefs ignore that, but understanding and questioning the building blocks is a vital process. So, knowing how to bone a chicken off both fillets, or how to make a velouté sauce, or a hollandaise sauce, all the kind of stuff is essential. Then when you’ve done that, question it – ask why we do what we do as much as possible.”

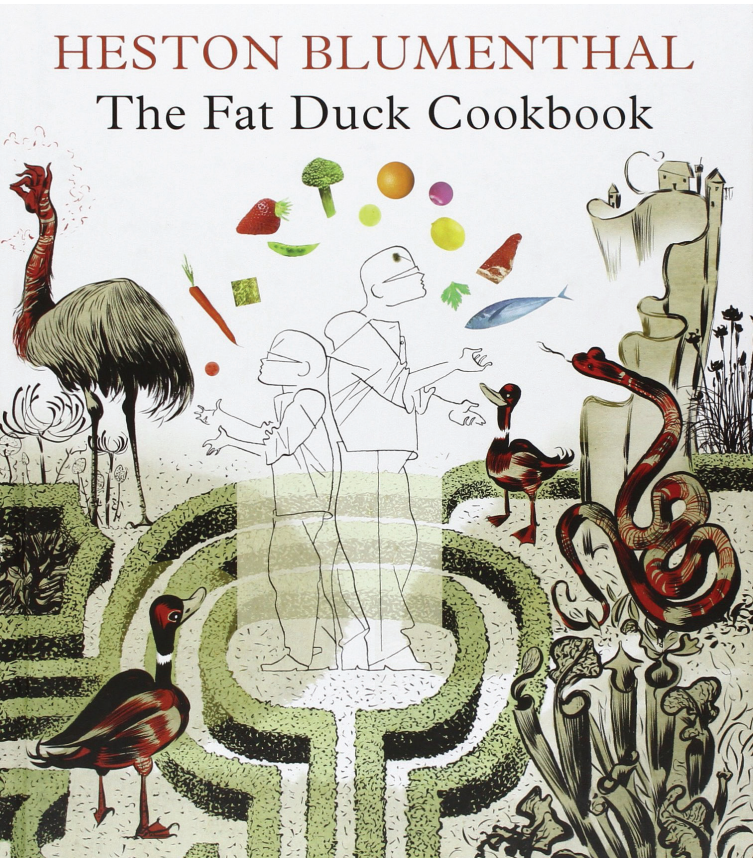
Blumenthal has good reason to make this claim. He began his own career as an apprentice at Le Manoir, one of Britain’s most renowned restaurants, but resigned after a week. He then worked at odd jobs by day, and at night devoted himself to studying the classic French repertoire and then tearing all the recipes inside out with the help of radical culinary texts like *On Food and Cooking: the Science and Lore of the Kitchen* by Harold McGee. As Blumenthal continues to absorb and re-engineer classic techniques he has increasingly turned his gaze to Asia.

“I’ve taken so many aspects of Asian cuisine into what I do, but it’s all through gradual education.

然不少人都嚮往成為像他這樣擅於創新、個人魅力無窮的廚師，但他卻建議大家應該練好基本功，從傳統方式做起。

「這一代的年輕廚師勇於超越傳統，不停發掘新思路，這是非常好的。不過，無論食物背後的科學原理有多先進，如果你缺乏傳統法國烹飪的基本功，那麼你還是沒有辦法提升自己的廚藝。反思傳統烹飪的基礎原理固然重要，但紮實的基本功更加必不可少，很多年輕廚師都忽略了這一點。舉例而言，知道如何將雞去骨切片、如何煮法式白汁或荷蘭醬等種種知識，至關重要。當你掌握了這些技巧之後，就要開始反思質疑，盡量思考這些步驟的原因何在。」

Blumenthal的想法和他的個人經歷息息相關。他初入行時，是在Le Manoir當學徒，Le Manoir是英國最為卓越的餐廳之一，不過他在那裡工作了一個星期就辭了職。之後，他白天做些散工，晚上則學習傳統的法式烹飪。然而他並沒有將這些知識生搬硬套，而是根據自己的想法，將所學的食譜打散重組。在這過程中，如Harold McGee撰寫的《食物與廚藝：廚房裡





↑ Blumenthal's beer-battered Fish And Chips

“Some of my favourite techniques involve those used with Cantonese duck and chicken, where you quick-steam the skin”

Some of my favourite techniques involve those used with Cantonese duck and chicken, where you quick-steam the skin. That opens the pores, and then you dry it, so when it's roasted you render the fat from the pores and end up with a really crispy skin.

“And with Japanese food it's just the aesthetics. It goes way beyond just sushi, which in itself is quite a broad term. It's about respect – think of *Kaiseki*, the noble art of Japanese cooking from Kyoto, and there you have the 10-course tasting menu, with dishes telling stories. That's what I've tried to emulate.”

It seems there are no holds barred for Heston, even when it comes to the old adage of Asian food that says ‘eat anything with four legs except tables’. “I do like that phrase,” he smiles, “but I've got to put my own spin on it, like everything else I do. On the face of it, I would agree, yes, but I would also add tables to the list! I'd never rule out the possibility of tucking into a table!”

And one would never put any innovation beyond Blumenthal. Give him the right ingredients and one can easily imagine him having his cake and eating the tea table on which it was served. ^A

的科學與學問》等大膽創新的廚藝書籍，對他大有幫助。於是 Blumenthal 一邊學習傳統廚藝，一邊將其改良運用，並逐漸將視線轉向了亞洲。

「我在自己的菜式裡，循序漸進地融入了很多亞洲菜的特色，其中最令我引以為傲的技巧之一，便是借鑑了廣東燒鴨和燒雞的烹飪手法。在炮製燒鴨時，他們會快蒸鴨皮，令鴨皮表面的毛孔張開，再將鴨子晾乾，這樣燒的時候脂肪便會從毛孔裡滲出來，令鴨皮更為酥脆。」

「而從日本料理中，我感悟到了一種美學，一種對食物的敬意。光是壽司就已經涵蓋甚廣，更何況日本美食遠不止壽司。以懷石料理為例，這是一種源自京都的烹飪藝術，非常尊貴，一般由10道佳餚組成，每一道都各具特色、能夠講述動人的故事。這正正是我希望自己可以達到的境界。」

講起烹飪，Blumenthal 似乎總是創意盎然、不受任何束縛，他甚至覺得「四隻腳的只有桌子不吃」這句關於亞洲飲食的諺語亦有些狹隘。「我很喜歡這句話」，他笑道：「但對它有我的想法，我對所有事情都是這樣。剛聽到這句話時，我覺得說得挺有道理的，不過仔細想想，其實對我來說桌子也是可以吃的，我從來不排除將桌子吃進肚裡的可能性。」

對 Blumenthal 來說，沒有什麼創新是無法做到的。不難想像，只要提供給他合適的材料，他就可以做出能夠食用的桌子，然後一邊品味這張桌子，一邊還能享用放在桌子上的蛋糕，畢竟對他而言，味道才是至關重要的。^A



Savory Porridge - Frog's Legs, Smoked Beetroot, Garlic, Parsley and Fennel



Black Foot Pork Collar



Heston Blumenthal

